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FIRMING & LIFTING CREAM

**HEALING CRISIS
WHILE USING THE PRODUCT**

POSSIBLE SYMPTOMS:

- Skin Irritation (itching, rashes, pimples, breakouts)
- Headache
- Nausea
- Fever
- Diarrhea
- Anxiety & Fatigue
- Aches & Soreness
- Mood Swings
- Stuffy Nose
- Vomiting
- Blood Pressure Fluctuation
- Sweating



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Detoxification is meant to rejuvenate the mind and body and positively impact well being and clarity.

However, sometimes the initial reaction to a detoxification process can be anything but pleasant.

The process of healing sometimes includes a

HEALING CRISIS, also known as the
detox reaction or **cleansing reaction**.



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Environmental toxins accumulate in tissues throughout the body, especially fat tissue. Additionally, the human body has bacterial colonies. When you cleanse your body, the toxins dislodge and the bacteria die off and release endotoxins. When the toxins and waste are dislodged, the body begins to flush them into the bloodstream to be filtered and eliminated.



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During a healing crisis, you can feel even worse than before you started using the product. This healing crisis may last for days, weeks or even months. The good news is that this reaction is likely a sign that you're **getting better** by way of a deep and thorough cleansing.



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To hasten the body's detoxification process during a healing crisis, you are strongly advised to **drink 8 to 10 glasses** (or at least 2 Liters) of purified water. You may also consume herbal teas and fresh fruit juices. Increased fluid intake will speed up the body's ability to excrete toxins and waste accumulation.



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